Virtual Cooking Class Recipes and Ingredient Lists
Family Weekend 2021

Muffin Tin Frittatas

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Equipment</th>
</tr>
</thead>
<tbody>
<tr>
<td>• 1 Tablespoons olive oil</td>
<td>• Small bowl</td>
</tr>
<tr>
<td>• Nonstick spray</td>
<td>• Measuring cups</td>
</tr>
<tr>
<td>• 6 eggs</td>
<td>• Measuring spoons</td>
</tr>
<tr>
<td>• 1/2 cup milk</td>
<td>• Large bowl</td>
</tr>
<tr>
<td>• dash sea salt and pepper</td>
<td>• Cast iron pan</td>
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<tr>
<td>• Optional seasonings from pantry</td>
<td>• Muffin tin</td>
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</tbody>
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Choose approximately 1 cup of vegetables from the list:
• Onions (chopped and sautéed first)
• Bell Peppers (sautéed first)
• Spinach (sautéed first)
• Mushrooms (sautéed first)

Choose approximately ½ cup of cheese from the list below:
• Feta, crumbled
• Cheddar

Instructions
1. Preheat oven to 350. Spray muffin tin with non-stick spray at food prep sink.
2. Heat 1 tablespoon oil in cast iron skillet and sauté vegetables until softened, 5-10 minutes. Drain excess liquid. Set aside in small bowl.
3. Whisk eggs, milk, salt and pepper in a large bowl.
4. Pour egg mixture into the prepared muffin tins.
5. Spoon cooked vegetables and cheese into egg mixture

Waffle Iron Hash Browns

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Equipment</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Frozen Hash Browns – thawed and squeezed in a towel</td>
<td>• Waffle or Pizzelle Iron</td>
</tr>
<tr>
<td>• Non-Stick Cooking Spray</td>
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<tr>
<td>• Seasoning of choice (salt/pepper/garlic or onion powder)</td>
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</tbody>
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Instructions
1. Heat Waffle or Pizzelle Iron
2. Spray with non-stick cooking spray
3. Place ½ cup potatoes on iron – season
4. Press lid and cook until indicator light goes green
5. Remove with a fork – Enjoy!
Banana Muffins

Ingredients

Produce
- 2 to 3 medium (7 to 8-inch long) very ripe bananas, peeled

Wet Items
- 1/3 cup butter or non-dairy spread, melted
- 1 large egg, beaten

Dry Items
- 1 teaspoon baking soda
- Pinch (1/16th teaspoon) salt
- 3/4 cup sugar
- 1 1/2 cups all-purpose flour (Whole wheat pastry flour is preferred)

Other
- Cooking spray

Equipment

- Muffin pan
- Fork
- Wooden spoon
- Mixing bowl
- Measuring cups and spoons
- Mise en place bowls
- Oven mitt

Instructions

Step One: Mise en Place
1. Preheat the oven to 350° F.
2. Spray muffin pan with cooking spray.
3. Peel 2 to 3 ripe bananas.
4. Melt 1/3 cup butter or non-dairy spread.
5. Beat 1 large egg.
6. Measure 1 teaspoon baking soda.
7. Measure 1/16 teaspoon salt.
9. Measure 1 1/2 cups all-purpose flour.

Step Two
1. In a mixing bowl, smash bananas with a fork until completely smooth.
2. Stir the melted butter/non-dairy spread into the mashed bananas.
3. Mix in the baking soda, salt, beaten egg, and vanilla extract.
4. Mix in the flour.

Step Three
1. Pour the batter into your sprayed muffin pan.
2. Bake for 13-15 minutes or until a toothpick comes out clean.

Step Four
1. Carefully remove from oven and let cool for a few minutes.
2. Remove muffins from pan once cooled.
# Green Ginger Pina Colada * adapted from [Minimalist Baker](https://www.minimalistbaker.com)

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td>1 Tbsp</td>
<td>fresh ginger (small knob) or 1/8 tsp ground ginger.</td>
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<tr>
<td>1 Tbsp</td>
<td>lemon or lime juice (1/2 medium lemon or lime)</td>
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<tr>
<td>1 1/2 cups</td>
<td>chopped frozen pineapple</td>
</tr>
<tr>
<td>1 small</td>
<td>ripe frozen banana</td>
</tr>
<tr>
<td>2 large</td>
<td>handful spinach and/or kale</td>
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<tr>
<td>1/3 cup</td>
<td>light coconut milk</td>
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<tr>
<td>2/3 cup</td>
<td>unsweetened almond milk</td>
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<tr>
<td>3/4 cup</td>
<td>water</td>
</tr>
<tr>
<td>1 Tbsp</td>
<td>flaxseed meal <em>(optional)</em></td>
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<tr>
<td>1 Tbsp</td>
<td>maple syrup or agave nectar – optional</td>
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</tbody>
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## Equipment

- Blender

## Instructions

1. Blend together and enjoy!